

Herbal Legacy Recipes

RED RASPBERRY LEAF TEA

"This tea is a favorite in our home and is found in large quantities when my children or anyone in the home begin to really come down with a bug. Red Raspberry has been used for centuries as an effective toning herb for the entire body and is great at aiding the body in overcoming illness." - Noell Larsen



INGREDIENTS:

- 6 quarts Pure Water
- Dried Red Raspberry Leaves (organic if possible)
- Raw Honey
- 6 quart pot with lid
- 1 large tea ball (roughly 1/4 - 1/2 C. dried herb)

DIRECTIONS:

1. Bring a large pot of water to a boil.
2. Remove from heat and put desired amount of dried raspberry into the water to steep (for a 6qrt. pot I use a large wire tea ball full of the herb), cover with lid.
3. After water has been able to cool and is comfortable to the touch, add desired amount of raw honey... keep in mind, less is more in this case, especially with little ones taste buds and immune systems.

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